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## SEX, MONEY AND HIGHER LEARNING

IN PART 1 OF OUR 3-PART  
SERIES, 'ROXY' GIVES US  
AN EDUCATION ON BODY  
RUB PARLOURS **PAGES 12-13**

## Local actors play part in Fargo

Television adaption of the 1996  
dark-comedy flick with the  
same name filmed in Calgary

**PAGE 4**

## U.S. mom says she killed six of her newborns

Authorities say the woman  
placed the bodies in boxes **PAGE 10**



Rachel O'Neill is seen with her 17-month-old son, Enzo, who suffers from a connective-tissue disorder and is therefore at-risk of being infected with measles despite being vaccinated. JEREMY NOLAIS/METRO

# Vulnerable tot's mom fears the measles threat

**A growing scare.**  
Mother of at-risk baby  
deems anti-vaccine  
decision 'unfathomable'



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Rachel O'Neill fears the  
measles threat is coming at  
her youngster Enzo from all  
sides.

The 17-month-old suffers  
from a connective-tissue  
disorder that leaves him sus-  
ceptible to the contagious  
disease despite being vaccin-  
ated.

O'Neill tutors students in  
her home that attend West-  
ern Canada High School  
and Henry Wise Wood  
High School — both facili-  
ties have been linked to a  
measles outbreak in recent

days. She also has a relative  
who works at a restaurant  
where patrons were warned  
of possible exposure.

The worried mother said  
she's now checking back  
with all students who've  
potentially been near little  
Enzo in recent weeks.

"It just didn't occur to me  
that I should screen every  
person that walks into my  
house," she said in an inter-  
view Monday. "I just always  
assumed that people are vac-  
cinated."

Details of a single posi-  
tive measles case at Wise  
Wood as well as another at  
Sherwood School surfaced  
Monday after parents at both  
sites were warned in letters  
from Alberta Health Services  
last week. Five other cases,  
including two involving a  
worker and student at West-  
ern Canada, had already pre-  
viously been identified.

AHS officials have been

cross-referencing vaccina-  
tion records for students  
and staff at both sites and  
ordered all students and  
staff not properly immun-  
ized to steer clear until late  
April. Similar measures have  
already been enforced at  
Western Canada, with non-  
immunized students and  
staff told to stay home until  
April 21.

When informed of the  
O'Neill family's fears, Dr.  
Judy MacDonald, AHS med-  
ical officer of health in  
Calgary, said the situation  
reinforced the need for par-  
ents to immunize their chil-  
dren.

"Living in the community  
and society we do," she said,  
"I think there is a social re-  
sponsibility to help others  
that are either not able to be  
vaccinated ... or that they've  
got it but didn't respond to  
it, so they're not protect-  
ed."

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## \$90K. Alta. firm fined for shipping to Iran

Shipping synthetic rubber rings to Iran landed one Alberta-based firm a \$90,000 fine Monday for violating international sanctions on products with nuclear applications.

In Calgary court, representatives for Lee Specialties Ltd. pleaded guilty to one charge under the Special Economic Measures Act.

A lawyer for the company said the rings were supposed to go to Dubai, but there was an address mix-up on the packaging. "They have the same company name but two different addresses ... one in Tehran and one in Dubai and so when it should have gone to Dubai, it went to Tehran," said Kristine Robidoux.

It's reported to be the first time any Canadian entity has been fined under the domestic legislation. "This is very unique," said Sean Best, spokesman for the Canada Border Services Agency.

The charge dates back to May 2011 when a cargo shipment of Viton O-rings was discovered at the Calgary International Airport. The synthetic seals are designed to withstand high heat and resist chemicals and are therefore commonly used in the oilfield or in nuclear programs.

World powers have imposed sanctions on Iran due to suspicions the country is seeking to develop nuclear weapons.

"This seizure prevented these items ... from landing in the wrong hands," Lauren D. Delgaty, regional director general of the CBSA Prairie Region, said in a statement.

Lee Specialties didn't respond to requests for comment. **METRO/THE CANADIAN PRESS**



Incoming Calgary city manager Jeff Fielding talks to reporters Monday while Mayor Naheed Nenshi looks on. ROBSON FLETCHER/METRO

# Meet Jeff Fielding, your new city manager

**International search.** Selection committee looked within city's ranks and around the world for candidates



**ROBSON FLETCHER**  
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Calgary has hired a new city manager.

Jeff Fielding was introduced at Monday's city council meeting as the replacement to Owen Tobert, who retired on Jan. 30.

"We went through very

strong internal candidates and very strong candidates from around the world, and it was a unanimous decision of the selection committee to recommend Jeff for this position," Mayor Naheed Nenshi said.

Fielding previously worked in senior administrative roles with the City of Calgary — including as a city planner — but most recently spent time as the city manager in Burlington, Ont. Before that, he spent eight years as city manager for London, Ont.

He described himself as a fiscal conservative and said he'd bring the approach of "service-based budgeting" he employed in his previous city-manager roles to Calgary.

"The cost of departments aren't really of much interest to people," Fielding said. "They want to know how much services cost. So you reshape your budget and recast it along the lines of what services you provide and how much they cost."

Fielding also said Calgary needs to develop both in the suburbs and in the inner city in the immediate future, but as the city continues to grow, there will need to be a trend toward higher-density developments in the long-term.

"There's going to have to be an accommodation of more intensification and infill development," he said. "We also have to accommodate people at the peripheries."

### At a glance

Fielding's first day on the job will be June 2. Calgary's chief financial officer, Eric Sawyer, will continue to act as interim city manager in the meantime.

- The city manager is the top bureaucrat on city staff. He is in charge of roughly 15,000 municipal employees.
- Fielding was hired on a four-year term with a base salary of \$315,000 annually.

1 NEWS

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# Free snacks, lunch with Bilbo mark stints on Fargo set for city actors

**Star in the making?**  
Five-year-old dramatist unfazed by playing alongside Hollywood stars



**JEREMY NOLAÏS**  
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Oakley Marlett did 30 takes with Billy Bob Thornton on a Hollywood set, but it was the free snacks in the actors' trailer that really got the five-year-old amped up.

"Snack is Oakley's favourite time of day," said mother Christina Marlett on Monday.

The youngster was among the most junior members on the set of Fargo, a television adaption of a 1996 dark-comedy flick with the same name.

The bulk of the series, which airs its first episode on FXX Canada Tuesday, was shot in the Calgary area and

involved numerous dramatists from the local talent pool.

Oakley was labelled "Boy No. 1" on set, but his part didn't come with speaking lines. Instead, he was told to build a snowman while Hollywood star Thornton went through the gruesome details of a murder.

Oakley said he was told to look scared — very scared.

"I was just doing my thing," he said nonchalantly.

But Christina admits she and her husband had a few concerns after reading the script.

"We said, 'Oh, is he going to be scarred for life?'" she said, later adding, "We tried to use it as a teaching opportunity ... in our home, we watch shows that make us feel good, but it allowed us to talk about what some people find entertaining and why."

For Oakley's more seasoned peers, the gravity of earning a spot in the series was more apparent. Calgarian Amanda

Guenther, who stars as "Young Woman" in the premiere, said possibly the only thing more exciting than acting opposite of Martin Freeman was going for lunch with the star of The Hobbit trilogy afterwards.

"Our waitress was absolutely over the moon ... she was so petrified to ask him for a picture and he was the sweetest, most humble person," Guenther said.

Fargo will mark a career high point for many in the Calgary acting community, Guenther said, adding she looks forward to the potential of other roles after her part airs Tuesday.

For Oakley, meanwhile, there was less concern about his next project. He was more fixated Monday afternoon on playing with his Lego, but repeatedly asked if he could watch his Fargo scene when it airs.

"We'll watch your part, just probably not any scenes before or after," Christina replied.



Oakley Marlett, seen with his mother, Christina, is among the Calgary actors set to make their network television debut on the series Fargo. Also starring in the series is local actor Amanda Guenther, bottom inset. The series features numerous Hollywood heavyweights, including Billy Bob Thornton, also pictured. METRO/JEREMY NOLAÏS; MUGSHOTS COURTESY AMANDA GUENTHER AND THE ASSOCIATED PRESS

## City may shuffle funds to keep tow trucks in service



Calgary streets won't be fully swept until after the Stampede this year, due to a budget reduction. METRO FILE

Calgary's street sweepers may be escorted by tow trucks this spring and summer, after all.

The towing vehicles were to sit idle this season, due to a \$700,000 budget cut resulting from overages in snow-clearing expenses over winter.

But transit manager Doug Morgan told city council Monday it may still be possible to keep the tow trucks in service to move illegally parked vehicles out of the sweepers' way.

That would come at a cost of roughly \$135,000, Morgan said, and the city — through its Calgary Parking Authority (CPA) — would likely recoup about \$65,000 in parking fines.

Coun. Andre Chabot asked if the city's street-sweeping budget could run a bit over budget to cover the difference.

Acting city manager Eric Sawyer said it should be possible to shuffle some money around between the CPA, which has already been "run-

ning a bit favourable on their enforcement revenues" and the roads department to keep overall expenses roughly in line with the allocated budget.

Morgan said the sweepers' first full pass of city streets still won't be done until after the Calgary Stampede, as a result of the budget reduction.

Mayor Naheed Nenshi said the changes in street-sweeping service — which have proven quite controversial among Calgarians — are a barometer

of how much citizens are willing to sacrifice in terms of city services in order to have lower taxes.

"This is an opportunity for us to determine the levels of service with which citizens are comfortable, and whether this is acceptable to the them," he said.

Nenshi also said he'd work with the city transportation manager and roads director and report back to council on the issue. ROBSON FLETCHER/METRO

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# Friends rally around family after fatal fire

**Tragedy.** Blaze at southwest home claims mother of two



**JEREMY NOLAIS**  
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Friends were quick to organize donations for two young girls Monday after a fire in their southwest Calgary home claimed their mother's life and left their father unconscious in hospital

suffering from severe burns. "They have nothing — they don't even have shoes," said Tracy Carson, a family friend of Brenda Walsh and partner Kelly Milne.

On Sunday, neighbours described a horrific scene as Milne raced with the two girls out of their home in the 100 block of Everwoods Link SW moments after the fire broke out. He then turned and raced back into the residence in an attempt to find Walsh.

Neighbour Rick Schell recounted the dramatic events

that followed in an interview Sunday.

"Then it went from just a glow of flame to a full-out fire," Schell said. "He (Milne) came out, and he was burned."

Carson said without the efforts of neighbours who urged Milne not to go back into the home a second time,

it's likely the girls would have lost both parents.

"He would have died," she said of Milne. "He's so passionate about her."

As of Monday morning, Carson said neither of the two kids nor Milne had been told of Walsh's fate, as doctors were waiting until he regained consciousness.

In the meantime, Carson began calling for donations of clothes and other items for the girls, ages three and eight, as well as gift cards for Milne.

## Ways to help

Items for donation are being collected at Brenda Walsh's place of employment, Max-Well South Star, located at 8180 Macleod Trail South.

- For more information, you can also call 403-253-5678.



**Brenda Walsh died Sunday after a fire broke out inside her home. FACEBOOK**

## Everything gone

**"They have nothing — they don't even have shoes."**

Tracy Carson, family friend of Kelly Milne and Brenda Walsh, who is organizing donations for the girls, ages three and eight

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## Calgary council rejects call to help Telus Convention Centre find new land

City council has rejected a bid to help the Calgary Telus Convention Centre secure land for a potential future expansion.

Coun. Andre Chabot and Coun. Richard Pootmans put the request forward Monday, saying the facility needs to expand and the city could help move that process along.

"The challenge they're hav-

ing at this stage is you can't really do phase two (planning) without a piece of land reserved for the project," Chabot said.

But other members of council questioned whether Calgary actually needs a larger convention centre.

"I have seen no study that tells us that," Mayor Naheed Nenshi said, adding that coun-

cil has been asking for such a study since 2008 but the convention centre has yet to provide one.

Chabot said the move would come with no cost to the city, but Coun. Druh Farrell disagreed. "It includes work, and work is money, because we have to pay people," she said.

**ROBSON FLETCHER/METRO**



**Coun. Andre Chabot. METRO FILE PHOTO**

## Weed Inc.

### City council sets up bylaws for marijuana production facilities

City council approved the addition of "Medical Marijuana Production Facility" as a discretionary use within areas zoned for general industrial activity.

Dane Morris, a city land-use planner, told council the city had been "con-

tacted by multiple groups" interested in starting commercial grows.

The federal government recently changed the law to make home grows by licensed marijuana users illegal, forcing them to buy from large-scale commercial grows instead. The new rules took effect April 1 but a court injunction was granted last month, keeping home grows legally intact, for now.

**ROBSON FLETCHER/METRO**





Dr. Axel Moehrenschrager with the Calgary Zoo is seen with a swift fox. He's warning about the potential perils associated with animal de-extinction. COURTESY CALGARY ZOO

# Conservationist urges caution with 'de-extinct' research

**A real-life Jurassic Park?** Dr. Moehrenschrager worries about how bringing back animal species would affect the ecosystem



**JEREMY NOLAÏS**  
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Just because you have the technology to resurrect the sabre-toothed cat or a recently extinct species of dolphin, doesn't necessarily mean you should, argues a Calgary-based conservationist and his peers.

Dr. Axel Moehrenschrager, head of conservation and research at the Calgary Zoo,

was among three authors to publish on the topic of "de-extinction" in the internationally renowned journal *Trends in Ecology and Evolution*.

In an interview Monday, Moehrenschrager pointed to a 2009 case that saw researchers successfully clone a breed of Spanish mountain goat using DNA from a skin sample of one of the last living members of the species.

The cloned goat survived for seven minutes before its lungs collapsed, but the case sparked imaginations of conservationists the world over, according to Moehrenschrager.

"It basically brought the reality forward," he said "Years ago, people were enthralled with the concept of Jurassic Park and that sort of thing and it seemed like complete science fiction, but here we were dealing with a situation where, genetically, this was developing as something that's possible."

But not all animal species should be revived, according to Moehrenschrager. He mused about how the aforementioned sabre-toothed tiger or a woolly mammoth would fare in today's world.

## Extinction

Some estimates indicate animal extinctions around the world are occurring at 1,000 times their natural rate.

There are other, less intimidating animals that would also struggle to survive or could have a potentially damaging effect on the ecosystem they're placed in.

In the article, one case study involves the Yangtze River dolphin last spotted near China in 2002 and formally declared extinct in 2006.

Moehrenschrager noted that bringing back a species like that could pose severe challenges, given the massive population growth in the Asian nation.

"This an example of the kinds of ecological considerations we need to consider before we go into a lab and get all excited about what one can achieve," he said.

"What's the point of trying to bring something back if there's nowhere to put it — if it can't survive?"

## Quoted

"What's the point of trying to bring something back if there's nowhere to put it — if it can't survive?"

Dr. Axel Moehrenschrager of the Calgary Zoo

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# Bloodiest terrorist attack ever in Abuja

**Nigeria.** President blames Islamic extremists; one official said the bomb was buried in the ground; others said in a vehicle

A massive explosion ripped through a bus station during the morning rush hour in Nigeria's capital, killing at least 71 people and wounding 124 in a bombing that marked the bloodiest terrorist attack ever in Abuja.

President Goodluck Jonathan visited the scene and blamed Boko Haram, an Islamic extremist group, which operates in the northeast of Nigeria and which has been threatening to attack Nigeria's capital. One official said he believed the bomb was buried in the earth while



The scene of a massive terrorist explosion at a bus park in Abuja, Nigeria, Monday. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

the emergency management agency said the explosives were apparently hidden in a vehicle.

The blast destroyed 16 luxury buses and 24 minibuses and cars, said police spokes-

man Frank Mba, who gave the death toll.

Survivors screamed in anguish and the stench of burning fuel and flesh hung over the site where billows of black smoke rose as firefight-

ers worked to put out the fires. Reporters saw rescue workers and police gathering body parts as ambulances rushed the wounded to the hospitals.

THE ASSOCIATED PRESS

## American Airlines. Dutch cops arrest a teen girl for alleged tweeted threat

Police in the Netherlands have arrested a 14-year-old girl on suspicion of threatening American Airlines in a tweet.

Police spokesman Roland Ekkers said the girl, who has not been identified for privacy reasons, turned herself in to Rotterdam police in the company of a parent Monday and is now being interrogated.

The tweet posted Sunday said it came from an al-Qaida

member in Afghanistan named Ibrahim and threatened to "do something really big on June 1." But the account's handle came with the nickname Sarah and a profile image of a young woman.

Apologetic tweets were posted to the account after the airline replied it was taking the threat seriously and calling in law enforcement.

Ekkers said the motive for the tweet is not yet known.

THE ASSOCIATED PRESS

### Missing Malaysia jet

## Ocean too deep for robotic sub search

The search area for the missing Malaysian jet has proved too deep for a robotic submarine which was hauled back to the surface of the Indian Ocean less than halfway through its first seabed hunt for wreckage and the all-important

black boxes, authorities said on Tuesday.

Search crews sent the Bluefin 21 deep into the Indian Ocean on Monday to begin looking for the missing Malaysia Airlines Boeing 777 after failing for six days to detect any signals believed to be from its black boxes.

But after six hours of its mission the vehicle exceeded its depth limit of 4,500 metres. THE ASSOCIATED PRESS

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# Ukraine wants peacekeepers

**Crisis worsens.** Acting president requests UN intervention to deal with pro-Russian forces in eastern Ukraine

Ukraine's acting president urged the United Nations on Monday to send peacekeeping troops to eastern Ukraine, where pro-Russian gunmen kept up their rampage of storming and occupying local government offices, police stations and a small airport.

The request came from a government that has proven powerless to rein in separatists in its eastern and southern regions, where insurgents have seized or barricaded government buildings in at least nine cities, demanding closer ties with Russia. The Kyiv government and Western officials accuse Russia of



A man tries to protect a Ukrainian police officer beaten by a pro-Russian mob that stormed a police station in Horiivka. EFREM LUKATSKY/THE ASSOCIATED PRESS

instigating the unrest and of deploying armed Russian agents in civilian clothing to carry them out. Peacekeep-

ers would have to be authorized by the Security Council, where Russia holds a veto. THE ASSOCIATED PRESS

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# Woman says she killed six of her newborns

**Utah.** Megan Huntsman told police that she wrapped the bodies up and left them in boxes

Authorities say a U.S. woman accused of killing six babies she gave birth to over a period of 10 years told investigators that she either strangled or suffocated the children and then put them inside boxes in her garage.

According to a statement released by police Monday, Megan Huntsman said that between 1996 and 2006, she gave birth to at least seven babies at her home and all but one of them were born alive.

Huntsman, 39, said she killed them immediately after they were born, and put their bodies inside boxes. She said each baby was wrapped in either a towel or a shirt, and

placed in a plastic bag.

Huntsman is being held on \$6 million bail — \$1 million for each baby she is accused of killing.

Huntsman was arrested Sunday on six counts of murder after police found the infants' bodies. A seventh baby found appears to have been stillborn, Utah County Attorney Jeffrey Buhman said. Formal charges have not yet been filed against Huntsman, and Buhman said the investigation remains open.

Police Capt. Michael Roberts said officers responded to a call from Huntsman's estranged husband, who found the first body. Neighbours identified him as Darren West.

Investigators believe West and Huntsman were together when the babies were born, but don't believe he was aware of the killings. Huntsman also has three daughters who lived at the house. **THE ASSOCIATED PRESS**



## France

### Police test DNA of all males at school

French investigators began taking DNA samples Monday from 527 male students and staff at Fenelon-Notre Dame high school in search of the assailant who raped a teenage girl on campus.

Prosecutor Isabelle Pagenelle said the choice is simple: "Either I file it away and wait for a match in what could be several years, or I go looking for the match myself," she said.

**THE ASSOCIATED PRESS**

## Bolivia

### Villagers injure 2 for alleged thefts

Bolivian authorities say Amazon villagers nearly killed two young men after tying them to a tree swarming with venomous ants after the two allegedly stole three motorcycles.

Dr. Roberto Paz said one of the men remained in intensive care while the other suffered kidney failure.

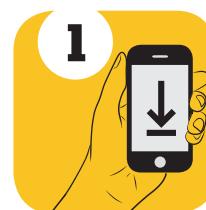
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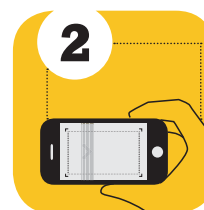
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# Cops: Teen boys not facing 'your run-of-the-mill' criminal charges

**Halifax.** Police say two 18-year-olds face many criminal charges, including alleged human trafficking and gang sexual assault

The head of the Halifax integrated vice unit says the case involving two young men and a laundry list of criminal charges is one that makes cops "stand back and take note."

Doreze Marvin Beals and Andre Jerome Gray appeared in Dartmouth provincial court Monday, facing charges that include human trafficking, kidnapping, sexual assault and gang sexual assault. The two 18-year-olds were arrested after RCMP say a 15-year-old girl was held against her will in a North Preston home and sexually assaulted.

"Those are not your run-of-the-mill charges," said Det. Andrew Matthews. "We take them very seriously."

Police were called to North Preston for reports of shots fired at a home on Clarence Street just before 9 p.m. on April 10.

They found the young victim, who told police she'd been held in the basement of another home on the street for two days before she'd escaped.

One of the two suspects was arrested in the area Thursday evening. The second was arrested later in Windsor.

Matthews said investigators are considering the possibility the girl was going to be forced into prostitution.

He added that it's possible the two accused weren't acting alone.

"That is one of the elements of the human-trafficking (charge)," he said.

"I think, due to the nature

## The accused

Doreze Marvin Beals and Andre Jerome Gray are scheduled to appear in Dartmouth provincial court on Wednesday morning for a bail hearing.

of the charges, with human trafficking, I think police have to look at the possibility that there is a network involved."

Matthews said it's very early in the investigation, and it's not clear whether more charges will be laid.

He said one of the most striking aspects of the case is the young age of not only the victim, but the two accused.

"That's tragic too," he said. "It's one of those that police officers, no matter how much time they have on, they stand back and take note."

RUTH DAVENPORT/METRO IN HALIFAX



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Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

# Massaging the law



Edmonton massage parlour worker Elizabeth says she and her sex-working alter ego "Roxy" are "two very different people." STEPHANIE DUBOIS/METRO

Walk down the streets of any large Canadian urban centre, and you will come across that ubiquitous flashing neon sign advertising "massage." Inside, the masseuses may offer a lot more. In light of the void in sex-for-sale legislation, Metro Canada is taking a look at what the current climate means for massage parlours.

In this three-part series, we talk to some of the people directly and indirectly involved in Edmonton's 42 body rub parlours.

Over the next three days, Metro will share the stories of the women who work in the establishments, the people who own them, the people who regulate them and the people who use them.



STEPHANIE DUBOIS  
Metro in Edmonton

It's a regular evening and a client has just walked into the massage parlour where Elizabeth — who introduces herself as Roxy — works.

Wearing a seductive dress, she greets the client by first introducing herself and asking him if he is interested in her, or would prefer meeting one of her co-workers.

If Roxy — she specializes in domination, fetishes and fantasies — is chosen by the client, she will take the man into one of the rooms to discuss the details of his experience, as well as pricing.

Roxy is chosen.

After hopping into the shower for a quick wash, Roxy starts massaging her client. Like most of her work appointments, it leads to sexual services both she and her client both agree to.

"We offer anything from hand jobs, blow jobs to sex. Every girl offers different stuff," Elizabeth said.

The part-time political science student at the University of Alberta says that in Edmonton, some of the women working in the sex industry have started offering a popular service called "the girlfriend experience," when clients are able to kiss and perform oral sex on the masseuses.

"I refuse to do that because of STIs and, unfortunately or fortunately, I don't know, it's the big seller right

now in Edmonton," she said.

Working in the sex industry in Edmonton was never something Elizabeth said she imagined for herself. She first became a sex worker while travelling in Australia. When she ran out of money, she asked a friend working as a bouncer for job recommendations. Unbeknownst to Elizabeth, her friend sent her to a bawdy house.

"I walked into a brothel with a resumé — which was entertaining in hindsight. I wondered, 'Why are there girls in skimpy dresses everywhere?'" Elizabeth remembers wondering.

She ended up working as a receptionist at the brothel, where she greeted clients and offered drinks. After moving to Brisbane and running out of money again, she turned to a nearby brothel looking for a similar job. Instead, she was asked if she wanted to be a "working girl".

"I thought, 'Well, I could live in a hostel for two days, then I'll be broke and sleeping on the beach, or I could do this. Everyone said it's like having a one-night stand, so I started working,'" she said.

Working on and off in the industry in both Australia and Canada for four years, Elizabeth estimates she has slept with over 1,000 men during her time as a sex worker. Her income: An average of \$4,000 to \$5,000 a month.

"It's never been stable. I can't do it for more than four to six months before I need

## Anatomy of a client

Elizabeth, a.k.a. Roxy, said her clients generally fit into three different categories.

- **Client 1.** "They either have physical deformities: so missing a leg, blind, deaf, not stunningly attractive and would have a hard time picking up at the bar."
- **Client 2.** "The second group is working the trades. They work up north, have a ton of money but they don't have a lot of time for a girlfriend."
- **Client 3.** "My third group is 'bored with wife, bored with life.' They're middle-aged to slightly older, bored with the wife, work well-paying jobs ... business suits, white collars."

something mentally stimulating," she said.

Practising yoga and watching cartoons like *Sleeping Beauty* are just some of the ways Elizabeth disconnects from her clients and her work in order to stay mentally healthy.

Currently single and still pursuing her political science degree, Elizabeth plans to leave the business that helps her pay the bills and also helps her gain a better appreciation for true love-making.

"It's a very special thing when you find somebody. What I do at work is not what I do at home. What I do at work is like riding a bicycle or those last three blocks when you drive home. You're not really there, you're just going through the motions. That's exactly what I do at work," she said.

"The vast majority is an act. It's step one, step two, step three. I'm thinking about my grocery list, I'm thinking about what I'm going to do with the money I just made. When I'm at work I'm Roxy, I'm not Elizabeth. They're two very different people."

## Limit to her 'love'

"What I do at work is not what I do at home. What I do at work is like riding a bicycle.... You're not really there, you're just going through the motions."

Edmonton massage parlour worker Elizabeth, who goes by the working name "Roxy"



## Why Edmonton?

For several years Edmonton has been actively regulating its parlours — where sex is discretely on sale — by instituting regulations on where they can be located and how they must have at least two employees at the establishment at all times. While the federal government aims to redraft the country's prostitution laws, Edmonton's 42 body rub parlours continue to operate from 7 a.m. to 11 p.m., seven days a week, making the city an interesting case study on prostitution's current legal grey zone.



This image was created using some of the words and phrases commonly found on signs and ads for massage parlours. METRO



Massage parlour owner Sara says she creates personal bonds with her clients beyond the sex acts she performs on them. ISTOCK IMAGE

# Parlour owner loves job, 'not because of the sex'

## Next in the series

### Tomorrow

When it comes to managing massage parlours in the city, Edmonton seems to be ahead of the curve. We examine how it regulates these establishments and how it offers a class massage parlour workers need to take. We also ask massage therapists what they think of body rub establishments.

### Thursday

We talk to one man who visits Edmonton's massage parlours and why he thinks it's cheaper than dating. We'll also print some of your comments about this series.

**Labour of love.** After 20-plus years in the business, Sara's work is about more than the seven-minute deed

As the co-owner of a massage parlour located in central Edmonton, Sara considers her workplace relatively safe. Licensed and staffed with a minimum of two girls for every shift, her business provides a range of sexual services.

While she specializes in the "cougar" and "very curvy" niches, the massage parlour offers a range of women of all shapes and sizes for its clients.

Sara has been part of the sex industry for more than two decades. Today she co-owns the massage parlour

and also works as an escort.

Sara said her busiest time is during the day, especially lunch time — when clients can escape from work for a visit.

The women typically work three to four shifts per week, Sara said, adding the length of the shift can range each day.

The sex industry is a passion of Sara's, and while the future is uncertain due to the Supreme Court of Canada decision, she hopes the industry will continue to grow.

"I love my job and it's not because of the sex. The deed takes seven minutes but you're with them for half an hour," she said. "I often think I live vicariously through them."

*Editor's note: Sara's name has been changed to protect her identity.*

STEPHANIE DUBOIS/  
METRO IN EDMONTON

## From 'wench' to reporter

When she was in her early 20s, the Toronto Star's Rosie DiManno had a brief encounter with a body rub parlour. Go to [metronews.ca](http://metronews.ca) to read her 2011 column chronicling her experience and insight.



- **What do you think?** Parlours can be found across Canada, maybe even close to your home. Visit [metronews.ca/features/massage-parlours](http://metronews.ca/features/massage-parlours) to give us your thoughts on these businesses, their workers and those who visit them and follow @metropicks to tell us what you think about body rub parlours.





# Ontario suicide attempts shared with U.S. officials

## Special report.

Province's privacy watchdog blasts police for handing sensitive mental health info over to Americans

### Quoted

**"There is nowhere that we found where there's any mandatory obligation on the part of CPIC to say you have to disclose this information. That's nonsense. It doesn't exist."** Information and Privacy Commissioner Ann Cavoukian, saying there is no legal requirement that suicide attempts be entered into the Canadian Police Information Centre database, which is shared with American officials.

Ontario's privacy watchdog issued a special report Monday demanding police stop sharing information about suicide attempts with U.S. officials, who used the mental health data to block at least four Canadians from entering the United States.

"I found it so unnerving to think about the humiliation and embarrassment that an individual would feel upon arriving at the airport and being denied entry into the United States because they learned from a U.S. border crossing official that they had access to their highly sensitive personal information about a past suicide attempt," said Information and

Privacy Commissioner Ann Cavoukian. "Can you imagine?"

The OPP and police services in Hamilton, Waterloo and Ottawa show some discretion when it comes to uploading suicides into CPIC, said Cavoukian, but not the only other force her office contacted, the Toronto Police Service.

"This is entirely at the discretion of the particular police service involved and four out of the five that we looked into, all with the exception of the Toronto Police Service, all exercise discretion," she said.

However, Toronto police said they do show discretion about which cases are loaded

into CPIC, but they want officers to have access to as much information as possible about someone when they are responding to a call.

The Canadian Mental Health Association said Cavoukian's report highlights "significant grey areas" in terms of police reporting on suicides, and called for more study about the disclosure of police records.

"Mental health police records are not criminal records and should not be treated as such," said the association's Ontario CEO, Camile Quenneville. "Standardizing the protocol for disclosure would be welcome."

THE CANADIAN PRESS



## I think I spy a possible new Banksy piece

A new street art piece appeared in Cheltenham, England on Monday, leaving many to suspect street artist Banksy has struck again, leaving an espionage-themed piece in the hometown of Britain's electronic spy agency. The piece depicts three figures in trench coats snooping on a telephone booth. Cheltenham is home to GCHQ, Britain's electronic eavesdropping agency, which found itself in the spotlight after some of its covert activities were revealed by former NSA contractor Edward Snowden. BEN BIRCHALL/THE ASSOCIATED PRESS

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# Prosecutor keeps pressure on Pistorius at murder trial



Oscar Pistorius in Pretoria, South Africa, Monday. THE ASSOCIATED PRESS

Oscar Pistorius came under intense pressure Monday at his murder trial from the chief prosecutor, who dismissed his account of how he killed girlfriend Reeva Steenkamp as a flimsy web of lies and accused the Olympian of staging emotional outbursts.

Pistorius struggled to explain alleged inconsistencies in his testimony and broke down sobbing on two occasions, forcing the judge to temporarily

halt proceedings.

Prosecutor Gerrie Nel said the athlete was frantically trying to shore up a fabricated story. "You're getting frustrated because your version is improbable," Nel said. "You're not using your emotional state as an escape, are you?"

Pistorius said he wasn't in a "rational frame of mind" at the time of the shooting in his home in the early hours of February 2013. THE ASSOCIATED PRESS

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### Damage control

## Top PR, HR execs out amid crisis at GM

General Motors is replacing the executives in charge of communications and human resources as it struggles with a string of embarrassing recalls that have led to congressional hearings and federal investigations.

Communications chief Selim Bingol and human resources head Melissa Howell are leaving the company, the company said in a statement.

GM is in the midst of a crisis over safety of some of its older-model vehicles, including 2.6 million small cars worldwide that have been recalled to replace faulty ignition switches.

THE ASSOCIATED PRESS

### Spyware

## German Aerospace Center target of espionage attack

The German Aerospace Center says it was the target of a suspected espionage attack for several months.

The research centre on Monday confirmed a report

by German magazine Der Spiegel and said it had asked the national cyber-defence centre to investigate the attack.

A spokesperson, who declined to give a name in line with the company's policy, confirmed that several computers used by scientists and system administrators had been infiltrated by spyware.

THE ASSOCIATED PRESS

# Stolen SINs are 'tip of the iceberg'

**Expert.** Heartbleed bug likely the 'largest flaw' ever to hit the Internet

The fallout from the Heartbleed bug could go far beyond just 900 social insurance numbers compromised at the Canada Revenue Agency.

Alberta computer security expert John Zabiuk suspects there's a wave of problems coming.

"Right now, we're just seeing the tip of the iceberg,"

he said. "This is probably the largest flaw that's hit the Internet in history."

Zabiuk is with the Northern Alberta Institute of Technology in Edmonton, where, as an ethical hacker, he teaches students to protect computer systems by approaching the problem from a hacker's perspective.

The revenue agency says it's analyzing data to determine what else might have been siphoned out. Zabiuk says officials are likely to discover a much bigger cache of information has been compromised. THE CANADIAN PRESS



## Uber aims to hail customers in Asia

Taxi cabs stand at a parking lot at the airport in Mumbai, India. Taxi-hailing smartphone app Uber is making a big push into Asia with the company starting operations in 18 cities in Asia and the South Pacific including Seoul, Shanghai, Bangkok, Hong Kong and five Indian cities in the last year.

RAJANISH KAKADE/THE ASSOCIATED PRESS

### Report

## More Americans say personal info stolen online

The number of Americans who say they've had important personal information stolen online is on the rise, according to a Pew Research Center report released Monday.

According to the survey, 18 per cent of online adults have had personal information stolen, such as their social security number.

THE ASSOCIATED PRESS

## Smaller is better? Size of the iPhone 5s is a big hit, a new study finds

Samsung's new Galaxy S5 smartphone is more durable than last year's model and other leading Android phones, but the iPhone 5s outperformed all of them in part because of its smaller size, a new study finds.

The S5 scored well given its water resistance and a sturdy back panel made of plastic, according to SquareTrade, a provider of extended protection plans. The iPhone 5s won

points for being just four inches diagonally, compared with about five inches for the Android phones. That makes the iPhone easier to grip and thus less likely to slip out of one's hands.

Nonetheless, all the smartphones tested had a medium risk of breakage, and differences between the various phones weren't major.

THE ASSOCIATED PRESS

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# HAIR-RAISING TALES FROM DOWN UNDER

Practically all women are born with hair on their body — some much more than others, thanks to various biological factors — and yet we spend an untold amount of time and money attempting to rid ourselves of it.

Veet, a purveyor of numerous at-home hair-removal products, recently found itself in a sticky situation (pun very much intended) after launching a new advertising campaign that suggests women are allowing their naturally occurring body hair to turn them into dudes. The commercials, which have since been pulled from the beauty brand's Facebook page, feature a series of women who transform into grizzly looking men after forgetting to attend to their armpit and leg hair after a mere 24 hours.

The videos are intended to be funny but they come across as sexist and ignorant. According to Veet, the only way to “feel womanly around the clock” is to go on the offensive against your own body and never ever allow a person of the opposite



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

sex to see you *au naturel*. Women are expected to eradicate every single strand of hair that isn't deemed acceptable on an idealized “feminine” figure.

Personally, I've never been interested in any sort of hair-removal process that involves an unnecessary amount of pain, especially when it comes to my bikini line. The idea of undressing in front of a complete stranger and asking her to yank strips of paper covered in hot wax from my nether regions has never appealed to me. The idea that I should be paying to have this agonizing service performed on me every four to six weeks — laughable.

But, after years of peer pressure, my meddling friends finally managed to convince me that I was missing out on some sort of rite of passage and should just give it a try. This is why I recently found myself popping two extra-strength painkillers and lying down for my first Brazilian waxing experience, because if I was going to do this, I thought I should go all the way.

About 10 seconds into the excruciating process, I wimped out and requested something a little less extensive. I felt my dignity being stripped away from me quite literally as I winced and yelped my way through the 15-minute appointment.

“It will feel better next time,” the aesthetician promised me. With tears streaming down my face, I couldn't find the words to tell her that I didn't think there would be a next time. I paid the requisite \$40 for the pleasure cruise and raced home to curl up in bed with a glass of wine and an ice pack on my crotch.

Needless to say, that was probably my first and last bikini wax. I can't imagine I'll start investing hundreds of dollars a year to achieve an unnatural Barbie-doll look.

Personal grooming is ultimately about individual choice; you can pluck, wax, trim and laser off as much or as little as you want, wherever you want.

And no woman should be shamed for the decisions she makes about what happens — or doesn't happen — when it comes to her hair down there, or anywhere else on her body.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Picnic instead of picket



OLISCARFF/GETTY IMAGES

#### Women eat on Tube to protest website

Women eat on a Circle Line Underground train in protest of the Women Who Eat on Tubes website on Monday in London, England. The Women Who Eat on Tubes blog invites members of the public to upload images of women eating on the London Underground and has received thousands of followers plus numerous accusations of misogyny. **METRO**

#### Organizer says

“People say it's not about gender. If it was just people eating on the Tube, you could bring in the question of privacy, but it's not — it's just women. You can't ignore that.”

Organizer Alexis Calvas told *The Independent*

The event's Facebook page had 500 participants, and organizers encouraged those who couldn't attend to raise awareness with the #eatonthetube hashtag.

#### Also seen on transit

- @dreaminontransit is an Instagram account that stealthily snaps photos of people napping on Vancouver transit and has attracted over 4,000 followers since January.
- Awkwardtransit.com is your odd collection of transit riders, including some holding the pole with unexpected body parts.

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#### MetroTube

### Swedes hanging out in circus class



**ANDREW FIFIELD**  
metronews.ca

So how about starting your morning off with a little light trapeze, courtesy of the absurdly flexible Swedish duo of Robyn and Linn. The pair are currently enrolled at Stockholm's University of Dance and Circus, because apparently being home to one of the world's most vibrant music scenes doesn't provide enough options for entertainment in that city. They also need to open their doors to the country's finest physical performers, as well.



YOUTUBESCREEN GRAB



# On new album, the Hold Steady grows up

**Teeth Dreams.** Band shows that rock 'n' roll doesn't have to be 'about a teenager and a convertible'

**NOLAN GAWRON**  
Metro World News in New York

Throughout their 10-year career, the Hold Steady have strategically amassed a catalogue of songs often centred on a recurring group of characters. Craig Finn introduced listeners to tragic heroes and fallen friends caught up in the partying lifestyle, formed from the amalgamation of acquaintances and fictional figures.

His spoken delivery embraced witty double entendres, juxtaposing modern jargon with scholarly diction as he portrayed the ups and downs of the down-and-outs.

And somehow, he always seemed to stay positive.

With *Teeth Dreams*, the band's sixth studio album and the first on their own Washington Square label, hitting stores late last month, Finn's songs seem to have naturally evolved from the post-adolescent party to the inevitable adult hangover.

These are cautionary tales and proof that yesterday's kicks become tomorrow's bruises.

"It's definitely the darkest Hold Steady record," says Finn.



Craig Finn of the Hold Steady. GETTY IMAGES

"While the others had been especially hopeful and maybe positive and optimistic, this one may hold back on that optimism a bit. Writing this record, I wasn't in a particularly bad place or anything, I was just fascinated with anxiety and the idea of mental health and

the way we treat it nowadays and the way we deal with our neuroses."

With such a repertoire of decadent characters, Finn says that his narrative had to change and that those wandering from the straight-and-narrow will inevitably fall.

## Quoted

**"I'm trying to write characters that are a little older."**

Craig Finn of the Hold Steady, on his songwriting process for the band's new album

"We started the band 10 years ago, and for the past 10 years I've known a lot of people close to me that have struggled with substance abuse and mental health issues," he says.

"I'm 42. When you're 32 you might still be going along and having a good time, but at some point it starts to drag you down. ... [Now] I'm trying to write characters that are a little older."

"I think that's a challenge, and it always has been. Rock 'n' roll is often about a teenager and a convertible. ... It's 50 and 60 years old now, so it doesn't have to be. Great artists like Bruce Springsteen and Neil Young have written great songs about adults."

If their message seems heavy, their instrumentation is even heavier — any somber sentiment quickly finds solace by leaning against the towering guitar solos that were hinted at before, but are now realized in skyscraping realities. The guitars have finally soared to reach Thin Lizzy heights, while Finn's lyrics are still born to run.

## Review



**Philomena**

**Director.** Stephen Frears

**Stars.** Judi Dench, Steve Coogan

Philomena transcends the usual odd-couple hijinks we'd expect from the pairing of Dame Judi Dench and the comic Steve Coogan.

Director Stephen Frears tells a story from true life: Dench's Philomena Lee is a devout Irish Catholic whose teen pregnancy in the 1950s got her banished to the Magdalene laundries, where Catholic nuns enslaved "fallen women" while cashing in on secret foreign adoptions for the children. Philomena lost her three-year-old son Anthony in this way, leaving her with only a single furtive photo of him. Determined to find him 50 years later, she enlists the aid of cynical BBC correspondent Martin Sixsmith (Coogan). The standard friction ensues. Yet they find common cause in their dogged search for Anthony, as the trail leads from Ireland to Washington, D.C. Philomena becomes something of a comic thriller. Dench is reliably great, a recent best actress nominee for her work. But it's Coogan who really impresses, playing a screen journalist who for once feels true to life.

PETER HOWELL

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**WESTJET**



# It's a scary time for the horror spoof

## A Haunted House 2.

Marlon Wayans talks about the difficulty of making funny movies on shoestring budgets



**NED  
EHRBAR**  
Metro World News in Hollywood

Marlon Wayans is back to one of his old standbys: spoofing popular horror flicks, this time in *A Haunted House 2*, the franchise he kicked off last year just as the *Scary Movie* series — which Wayans helped launch — seemed to run out of gas.

**Your character asks an interesting question in this movie: When will they stop making *Scary Movie* sequels without a Wayans involved?** I think now (laughs). I think Part 5, that was it. I saw Bob Weinstein and he was like, "Yeah, I think I'm going to let it rest, go on to do other things, but



*A Haunted House 2* opens in select theatres this weekend. CONTRIBUTED

I'm thankful you killed my franchise." I said, "I didn't kill your franchise. I gave you a shot at *A Haunted House*, and you said no."

**Budgets for horror movies have been getting smaller. Does that mean budgets**

**for movies spoofing horror movies been shrinking as well?**

It's harder, definitely, because they expect you to make a comedy for cheaper. When you're parodying something, you still need the practical effects and

the visuals, depending on what you're making fun of. I'm happy that *Paranormal Activity* was so inexpensive to make, because that was easier to do. But it's hard to do comedy for a low budget. We made the first one for \$1.7 million and this one for

### Quoted

**"When you're parodying something, you still need the practical effects and the visuals, depending on what you're making fun of."**

Marlon Wayans on why making comedy isn't always that cheap.

\$3 million. Hopefully by the next one I can have a trailer.

**How do you handle splitting your attention between being an actor, producer and co-writer on this?**

I have ADD, I think, and I'm not on medicine. My only medicine is the fact that I get to do a bunch of stuff. That keeps me the most focused. It's weird. I love producing, I love hiring everybody and putting the band together, I love writing and I love performing. I think the whole experience allows me to use every last single thing I know. It's good to apply yourself fully to your project.

It keeps me sane.

**Can you enjoy simply watching a scary movie now, or does the parody part of your brain not shut off?**

That part of my brain stays on. I can't go to any movie and enjoy it. I'm constantly thinking about what could be funny. I just can't turn it off.

**It's been 40 years since *Blazing Saddles*, a kind of comedy a studio wouldn't make any more due to its biting humour.**

Times have changed, yeah. But I get why, because corporations bought the studios and the networks, and now there's a different agenda. People have to adhere to that and use their creativity in a whole different capacity. You have to channel it and do respectful content that's going to sell ad space. Your product has to be a business. It has to make dollars in order to make any sense. That's why I do them independently, so that I can keep my scatological integrity.


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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### Hats off to the fashion forward folk at the MTV Movie Awards

PAT HEALY  
Metro World News

Pharrell Williams, what have you wrought?

Men, women and cats all donned hats at Sunday night's MTV Movie Awards — with mixed results.

Johnny Depp is no stranger to the fedora and usually the star can pull off any look, but his entire ensemble on Sunday night made him look like a Steampunk gangster from New Jersey.

I'm not sure what Hana



Johnny Depp's ensemble made him look like a Steampunk gangster from New Jersey. ALL PHOTOS: GETTY IMAGES

Mae Lee looked like with her cigarette cap, other than a woman who looks like she wants attention to be paid to her (it worked!).

Oscar-winner Jared Leto wore an oversized straw

cap while Kesha looked like a "Flowers in the Attic" reject in a goth felt cap.

Finally, no hat recap would be complete without this shot of Grumpy



Grumpy Cat took the hat trend to heart at the MTV Movie Awards.

Cat wearing the Pharrell Williams' trademark Vivienne Westwood "Mountain" hat.

British people, take note: THIS is how you wear a hat.

## Does the green-eyed monster haunt Pitt-Jolie?

It turns out there's more to that Star magazine report about life inside Brad Pitt and Angelina Jolie's home. Aside from Jolie's alleged control freak ways and their kids' wild behaviour, there's apparently still the spectre of Jennifer Aniston hanging over their relationship. Sources say the "super-vindictive" Jolie "hates Jennifer Aniston still and is very competitive with her," both personally and professionally. And it probably doesn't help that the A-list pair reportedly worry about

each other's fidelity. "Both of them are insecure about the relationship," the source explains. "She worries that he cheats, and he thinks she'll cheat because she's 12 years younger than he is." But despite these supposed issues, the source admits Jolie and Pitt remain "insanely devoted" to each other. "She fell for him the minute they met, and he loves the way she is into him," the source says. "They go at it like rabbits. They are very kinky and will spontaneously hook up any chance they get."



Angelina Jolie and Brad Pitt.

## Selena Gomez ready to close the book on Bieber

Sources close to Selena Gomez say her on-again, off-again relationship with Justin Bieber may finally be off for good, as she is reportedly fed up with the Canadian bad-boy, according to Radar Online. "She's grown tired of Justin's attention-grabbing antics," a source says. "Justin is a little bit of a crazy guy who could do something weird like proposing marriage just to keep her by his side, but that's Selena's exact problem with him ... That's why she's spent a couple of months trying to re-establish



Selena Gomez

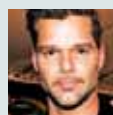
herself — and distance herself from Justin." So how much time does Bieber have to shape up? "A permanent breakup between the two could even be confirmed as early as mid-July," the source says.

## Twitter



@JohnCleese

Hotel security man tells me that in some hotels staff tip off paps when 'celebrities' arrive. Reward for name of pap who hassled me



@ricky\_martin

I went to sleep and dreamed that I was sleeping. Then woke up in my dream. And finally woke up real life. coo coo



@carriefisher

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# 3 TIPS

# Hit the road: Your body will really thank you for it

**You think you're being smart by going to the gym — you're not.**

The treadmill won't make you a better runner, and here's why

**ROMINA MCGUINNESS**  
romina.mcguinness@metro.lu

So, you're happier at the gym. We get it — you're petrified of tripping and smashing your knees (ribs, shoulders, face, etc.) against the concrete pavement. But although being inside means not having to deal with gale-force winds, car fumes or crazy cyclists, it's not any safer.

## Want to be fast and strong? Go outside

Roadside running gets a bad rap for a lot of unfair reasons, but the hardness doesn't mean it's hurting you, says fitness expert Scott Francis.

"Outside, you're able to deviate your left to right stride — your body moves freely," he tells us.

London-based running coach and Saucony spokesperson Nick Anderson agrees.

"Even if you're on what you perceive is a pretty flat pavement, your foot is having to adjust its angle every time it hits the ground, which is always slightly uneven. The muscles have to work hard in order to stabilize the foot as it

goes through its landing and taking off phase, meaning you need to generate more force than if you were on a treadmill."

So many people think that they're doing their body a favour by choosing to run at the gym ... but the truth is, they're not.

"You're going really quite fast — a lot quicker than you would be on the road, but it's got nothing to do with speed. The surface you're on is completely flat and that's not running but jumping up and down on the spot.

"When you're on a treadmill, you're in this weird limbo — consciously staying in lane, subconsciously bouncing out of it. You're throwing your hips and knees dangerously off-balance and potentially doing a lot of damage to your joints," warns Francis.

## There is no 'proper' way to run

There's this common misconception that the longer your stride, the faster you'll run. Wrong!

Putting the foot so far out in front can cause a lot of strain on the body.

"Run tall, with a slight forward lean, short stride and let your foot land underneath you rather than ahead of you. This way, less force will travel up through the body and you'll be lighter on your feet," say Anderson.

Not quite sure what he means by this?



On a treadmill you can throw your knees and hips off-balance. THINKSTOCK

Francis has a trick to visualize how to run this way.

"Think 'heel toe, heel toe'. put your palm and wrist on the table and lay your hand out flat. Keeping your hand still, come up on your fingertips and drag your fingers back towards your body — that's (more or less) the cor-

rect way to run," he explains.

## Match your shoe to you

The shoe is the last part of the equation. If everyone had their running gait and stride analyzed, the dangers

### Quote

**"Running is one of the most natural motions for our body — as instinctive as walking or sleeping — and yet we get it so wrong."**

Scott Francis, performance strategist and life coach

of running outdoors would be far lower. "You're dealing with anything from three to seven times your weight going through your body at the point of impact. Not only does the shoe need to fit, it needs to match your running style," says Anderson.

"People tend to buy their trainers one size too small because everyday footwear is usually worn quite tight. But the foot expands as you run, so you need there to be half a thumb's width of space at the front (from your big toe to the end of the shoe).

"Ideally everyone should have their arch analyzed (most shops do this for free) in order to figure out how their foot strikes the ground — on the forefoot, midfoot, heel or extreme heel," adds Francis.

The best is to try on several pairs and look at different brands, making sure the shoe is built with cushioning and support and that the sole grips the floor well. Once you've done all of that you're ready to go — outside, of course.

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# SOME LESSONS ARE JUST WARMING UP

## SUMMER COURSES CAN BE BENEFICIAL

The popular song lyric “Summertime, and the livin’ is easy” doesn’t apply to keen university or college students who are planning to take one or more courses during the spring and summer months.

“Students can get a jump on the upcoming year or pick up a credit they need by taking a summer course,” says Jeff Banks, a chemistry professor at Acadia University in Wolfville, N.S., and the director of Open Acadia, which offers concentrated three-week on-campus courses from May to July and full-year courses in six-week blocks.

Open Acadia online courses are open entry, which means students can register when they want and study at their own pace. Online courses at universities and colleges across the country are ideal for students heading home for the summer who want to juggle their stud-

ies around jobs and other activities.

Banks lists the following benefits of taking spring and summer courses:

There are fewer students. Since most university and college students leave campus for the summer, class sizes tend to be smaller. “That translates into a lower student-to-professor ratios, which means more personalized attention,” Banks says.

You can accelerate your degree. Taking a full course load during the regular school year, then an extra credit or two in the summer, will help students graduate faster.

It’s good for athletes and international students. Because of varsity sports team schedules, student athletes often have a gap in their studies, so summer is a great time to catch up. And since international students tend not to return to their home



SHUTTERSTOCK

country for the summer, they often choose to continue their studies.

The courses are shorter. Summer courses tend to be shorter than those offered from September to May. “Students

need to keep in mind that although they are shorter, they’re concentrated,” Banks says. “So they might be going to class every day, even though they’re just taking one subject.”

— Jane Doucet

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# CHALLENGE YOURSELF AT SAIT POLYTECHNIC

Donwong Shin quickly discovered that the life of an engineer was not for him and walked away from the program to enrol in SAIT Polytechnic's aircraft structures technician program.

Shin immigrated to Canada when he was 16 years old and after graduating from high school, he enrolled in engineering at the University of Calgary.

"It was OK, however, I wanted more hands-on practical work," Shin says. "Sitting in front of a computer all day did not appeal to me."

This was the deciding factor for Shin when he decided SAIT was the place for him.

"I enjoy challenging and variety types of work that inspire me to learn and improve everyday, as well as the working with hands-on projects," Shin says. "All these aspects can be found doing aircraft structures technician work."

Shin learned the most up-to-date skills and techniques while studying subjects such as aircraft wood and fabric repair, aerodynamics for aircraft structures, Canadian aviation regulations, Aircraft propulsion, airframe systems theory, aircraft composite structures, and many more.

Shin completed his studies in 2012, and is now employed as an aircraft composite technician at Aero Aviation Ltd.

For Shin, it was the quality of instruction that has led him towards his successful career in the aircraft industry.

"SAIT's instructors in-depth lectures and one-on-one advice on each task throughout the course is very relevant to my current job in this industry, as I found that the instructors to be very experienced in the aircraft industry," Shin says.

Shin is satisfied with his new career choice and says he recommends the program to anyone who is interested in



CONTRIBUTED

working around aircraft.

The program's accreditation is ongoing and subject to periodic audits from Transport Canada and the Canadian Council for Aviation and Aerospace (CCAA).

To receive Transport Canada or CCAA credit towards the aircraft maintenance

engineers "S" licence, graduates who are in compliance with the required attendance (95 per cent) and minimum marks of 70 per cent, receive 10 months credit towards the "S" category AME licence.

For more about the aircraft structures technician program, visit [sait.ca](http://sait.ca).

## LEARN DAY-TO-DAY LIFE OF AIRCRAFT STRUCTURES

To keep the school up-to-date on the latest industry trends, technologies and techniques, SAIT Polytechnic enlists the help of industry experts to ensure students receive the education and skills that are in demand by employers.

When it comes the aircraft structures technician program, SAIT has been working with Aero Aviation Ltd. for a number of years.

"SAIT is making every effort to work with the industry to improve on this every year," says Dirk Kuin, general manager, Aero Aviation Ltd. "The technical/theory, as well as practical training is there — it becomes very dependent on the individuals attitude to want to put what has been taught in to action."

Along with being a committee member, Kuin has worked closely with SAIT to assist with expanding the composite training portion of the structures program.

Before industry employers were added to the advisory committee, Kuin says a number of students coming out of the program were "almost not hireable."

"They had a good program, but now it has improved dramatically," says Kuin, who has more than 30 years of industry experience, including 17 years at Aero Aviation Ltd.



CONTRIBUTED

Out of the 32 Aero Aviation Ltd. staff, Kuin says almost half are SAIT graduates, including mechanics.

As part of the role on the advisory committee, Kuin (along with SAIT) has begun introducing students to the real-world work of the industry early on in the program.

This gives student a chance to see what the day-to-day life of an aircraft structures

technician is really like, and gives them an opportunity to find out more about the career and if it is the right fit for them.

Students get a chance to spend the entire day on-site with what could potentially become one of their future employers.

For the employers, it is a chance to get an early look at the work habits of the new crop of students.

"It is a plus/plus for both," Kuin says.

## BE A STUDENT FOR THE DAY

The SAIT Polytechnic aircraft structures technician program will give you the knowledge and skills required to enter a career to become an aircraft maintenance engineer (AME) "S."

As an "S" licensed aircraft maintenance engineer, you will be responsible for the manufacture and repair of aircraft and aircraft components.

The aircraft structures technician program covers all the aspects of aircraft structure repair to general aviation, corporate, charter, transport category aircraft, and helicopters.

Training includes traditional aluminum sheet metal structure, as well as advanced composite material manufacturing and repair.

All classes are scheduled at the Art Smith Aero Centre for Training and Technology, located at the Calgary International Airport.

For those interested in seeing what is involved in the program, consider becoming a student for a day.

For more information about this program, or how to become a student for a day, visit [sait.ca](http://sait.ca).





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# HOMEWORK FOR YOUR SUMMER JOB SEARCH

If you are a university or college student in today's economy, you will have your work cut out for you when it comes to landing a summer job. Before you start submitting applications, you must decide where you have the best chance of getting an offer — at home or where your school is located.

“Students must weigh whether it’s financially viable to pay rent while doing a job search or if it will be better to live with their parents,” says Jessica McCormick, the national spokesperson for the Canadian Federation of Students.

After that decision is made, McCormick offers these job-seeking tips:

Start preparing early. "Even though your head is in exams in April, it's important to start this process sooner rather than later," McCormick says. Take a break from studying to update your resumé, line up references and scan online job boards.

Do your homework. If you are applying for a job in your field, research the company so you can customize your cover

letter. "Get as much background about the employer as possible," McCormick says.

Tap into your network. Get in touch with anyone you think might be able to help you, including former employers, instructors, relatives, neighbours and friends' parents.

Clean up social media. It's OK to tweet articles that pertain to your field; in fact, some employers look for that. "But there's a danger in being too open," McCormick says. "So be mindful of what you're posting."

Be persistent and patient. It can take a few weeks before you get an interview. "Don't expect to land something right away," McCormick says.

Take whatever you can get. If you get an offer, take it. "If it's not in your field but you're cash strapped, you can't afford to be choosy," McCormick says. If a better offer comes later, it's OK to quit the first job — you will be freeing up a position for another student.

— Jane Doucet

— Jane Doucet



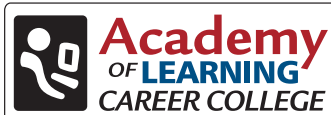
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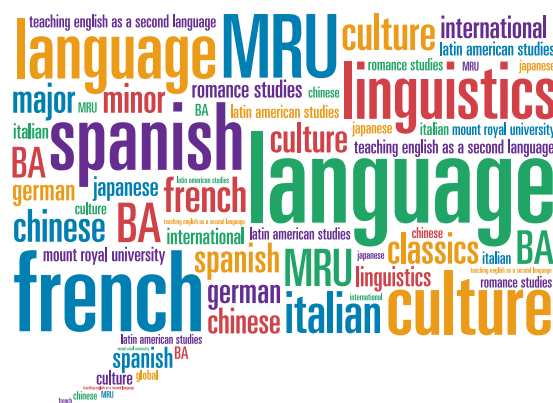


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# CENTRE FORMS A SIGNIFICANT PIECE OF PUZZLE

## NEW MACEWAN UNIVERSITY FACILITY

When the Alberta government announced plans to help fund MacEwan University's new Centre for Arts and Culture building, a collective cheer went up from the hundreds who had gathered to hear the announcement. The building forms a significant piece of the puzzle to a plan that brings the university's south and west-end campuses to the downtown core. The \$30-million funding is part of a projected \$153-million project cost.

Slated to begin construction in the fall, the new Centre for Arts and Culture will be home to all the academic programming currently located at the existing Centre for the Arts and Communications. More than 1,000 students along with faculty and staff will make the move in time for the fall 2017 semester.

The current Centre for the Arts and Communications is home to a steady stream of student showcase performances, art and design exhibitions, theatrical



CONTRIBUTED

presentations and faculty concerts. The new building will bring that vibrant community to the centre of the city, providing the entire university community and the adjacent downtown neighbourhood with the opportunity to experience its lively

atmosphere and artistic energy.

The new Centre for Arts and Culture building will be, first and foremost, a teaching facility, offering state-of-the-art technology, classroom and performance space for performing and visual arts

students. But more than that, the building will be an architectural landmark on the downtown landscape.

Who would have thought that more than 20 years ago, an abandoned corridor of Edmonton's downtown would be transformed into a thriving hub of teaching and learning? Since the opening of City Centre Campus, the university has expanded its breadth of programming to become a leading undergraduate institution serving nearly 13,000 full-time equivalent students with plans to grow to 17,000 full-time students.

MacEwan University's downtown campus is a hub of creative, scholarly and cultural activity. It represents the university's vision for an integrated academic community — one that reaches beyond the walls of the campus to build, share and contribute to the growth and prosperity of Edmonton and beyond. The university's downtown campus strategy has been part of its long-term plan to create efficiencies in operations and to provide all students with the resources and services they need to be successful in their studies and to help them thrive as individuals.



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## ENTER EXCITING LEGAL FIELD

For a career with a variety of opportunities, consider enrolling in the legal administrative assistant program at Academy of Learning Career College.

This 46-week program is being offered at the Calgary South and Red Deer locations and prepares students for the exciting and challenging world of the legal assistant.

Graduates will have the knowledge and skills necessary to assist an Alberta lawyer in various practice areas, such as civil litigation, criminal, family, real estate, corporate/commercial and wills/estates practice.

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers.

For more information, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

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COLLEGE

## HELP SUPPORT HEALTH-CARE PROFESSIONALS

Medical office assistants and unit clerks support doctors and other health-care professionals by performing a wide variety of duties vital to the daily operation of any health-care setting.

The ABM College medical office assistant and unit clerk program prepares you for a rewarding career in this flexible and rapidly expanding field.

"The jobs for medical office assistant and unit clerk are in a high demand at the

moment," says Dr. Mohammed Baten, CEO of ABM College.

The medical office assistant and unit clerk's main duties include accessing and transmitting health information in a secure environment while supporting and communicating with medical professionals.

Students will study medical terminology, pharmacology, accounting, and many other courses, and will complete a practi-

cum in the field to put their skills learned in the classroom to practice.

Successful graduates of ABM College will be knowledgeable in organization, structure and chart management functions of a patient record, computer software, client care software, basic billing duties, office procedures, as well as other tasks.

For more information about the medical office assistant and unit clerk program, visit [abmcollege.com](http://abmcollege.com).

# TAKE AN ACTIVE ROLE WITH BOW VALLEY

The Bow Valley College disabilities studies certificate and diploma programs are designed for those looking to dedicate their lives to helping others and looking to take an active role in the community.

"This helping profession is ideal for someone who likes working with people to help them get the most from life," says Becky Kelley, co-ordinator human services

programs at Bow Valley College.

"This program will provide students with the skills to work effectively in a variety of work settings, as well as provide opportunities to develop leadership skills."

Graduates will have a more thorough understanding of, and the ability to apply, best practices of the disability services field such as providing advocacy and teaching self-advocacy skills, building community partnerships, and facilitating community development.

With additional focus on leadership, professional ethics, and collaborative practices, students completing the second year will be empowered to quickly and effectively take on leadership roles within the workplace, including positions as team leaders, program supervisors, and co-ordinators.

Students will be able to effectively work with people in a diverse array of settings, including residences, employment, recreational/leisure, academic and medical settings

"The demand for a well-educated workforce in the human services field is growing as schools and communities become increasingly inclusive in their programs and services," Kelley says.

Once students have successfully completed the program, they may go on to pursue careers in supporting children and families, early intervention, community access and recreational programs, adult respite services, supportive roommates, community outreach services, supported independent living, and many more.

For more information, visit [bvc.me/Disability-Studies](http://bvc.me/Disability-Studies).



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## COLUMBIA PROMOTES DENTAL HEALTH

April is dental health month, and Columbia College is working to promote overall dental health by continuing to be committed to helping its students obtain the knowledge required to promote dental health.

As part of this commitment, Columbia College is offering a new delivery format for the dental assistant professional program that incorporates the practicum component of the program into the daily school schedule.

"This model allows the student to have

contact with the offices early on in the program so that they can see first-hand how the industry runs," Carey Thomson, chair, dental health department at Columbia College.

"While observing and practising their skills throughout the program, the student obtains the knowledge, skill, attitude and behaviours that employers are looking for."

The dental assistant professional program is a 28-week accelerated program that delivers theoretical training and high-

quality, case-based clinical skills development.

This program will provide the industry with registered dental assistants who are knowledgeable and competent to perform daily clinical skills while applying the theoretical knowledge acquired.

"While following accreditation guidelines, our curriculum will model a superior format ensuring that all graduates receive an exceptional education," Thomson says.

For more, visit [columbia.ab.ca](http://columbia.ab.ca).

## PURSUE YOUR PASSION FOR LANGUAGE AT MRU

With a bachelor of arts majoring in Spanish, pursue your passion for languages and cultures. Or add a minor in French or linguistics to any Mount Royal degree.

"The major in Spanish takes students from beginner's level to fluency, and opens many doors in Mexico and other Spanish-speaking countries," says Gilles Mossière, chair, department of languages and cultures.

In addition to courses on reading, writing and oral communication, students can

also explore Spanish literature, translation and film.

"The department also offers a minor in French, an undeniable asset since Canada is a bilingual country," Mossière says.

"With the department's minor in linguistics, students can explore the structure of language, its universal properties, and the acquisition of first and second languages."

Credit courses are also available for students who want to learn Chinese, German, Italian and Japanese. Courses

in Latin American studies teach students about the region's complex social and cultural environment, and romance studies courses examine the common and unique features of groups living in the Mediterranean basin.

Students specializing in languages commonly pursue careers in international aid, with government and non-government organizations, or as immigration support workers, journalists, language teachers, or interpreters at museums and heritage sites.



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## EARN YOUR DIPLOMA ONLINE AT DIGITAL SCHOOL

The ability to earn a diploma entirely online has changed the way people go back to school, opening a world of possibilities to those who thought furthering their education was not possible.

At Digital School Technical Design College, a career as a computer-aided drafter no longer has to be a dream, it can be a reality.

Digital School offers a part-time, online certificate program that can be done at the student's own pace from virtually anywhere in the province.

The school also offers other computer-aided design (CAD) training courses that are self-paced, online, on-demand training in Autodesk software like AutoCAD, Inventor, Revit, and more.

This option is great for students trying to maintain a work or family life while learning new skills that could lead to a new career.

Digital School does offer a number of full-time programs in computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization, where students can study to earn a diploma



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in CAD in less than a year, with skills for which employers are looking.

Applications for the June 30 intake are now being accepted.

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# Quick Apple and Chicken Bake sweetens the pot — literally

## Health Solutions

### An apple a day ... you know the rest



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Everyone knows that all fresh apples are harvested and only at their peak in the fall, right? Wrong!

It is true that most apples you find on the shelves at this time of year are long past their prime. They were picked in the fall and intended to be enjoyed by Christmas or made into pie.

There is one exception: Red Prince.

Grower Marium Botden says, "Red Princes are harvested in the fall like other local apples but are celled in sealed, controlled atmosphere storage to allow the flavour to mature, in a process similar to wine. Most of the oxygen is removed and they add in CO<sub>2</sub> so the apples go to sleep. When

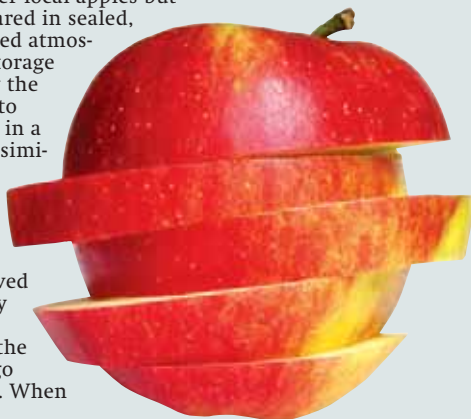
they come out of storage months later, the natural sugar or 'brix' stays high, but the natural acid goes down.

"This results in a crispy, juicy bite and a robust, tangy-sweet flavour."

This means that they are crisp, ripe and ready when other apples are as sick of a long cold winter hibernation as the rest of us.

These apples work well eaten out of hand, in fresh salads and can also be cooked or baked. Like all apples, they're high in antioxidants as indicated by deep red colour of the skin.

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## FLASH FOOD



From your fridge to your table in 30 minutes or less

This quick and easy-to-prepare weeknight meal is sweet and comforting.

It only requires a few minutes of stovetop work and then the oven baking does the rest. All you really need is a salad and a nice bottle of white wine. Oh, go ahead, light a candle, too.

1. Preheat oven to 400°F.
2. In a sauté pan, sear chicken pieces in oil until golden brown. Place chicken pieces in a roasting pan.
3. In the sauté pan, heat

### Ingredients

- 8-12 chicken drumsticks
- 1 tbsp (15 ml) grapeseed oil
- 1 large garlic clove, minced
- 1 cup (250 ml) sweet onion diced
- 1 lb (500 ml) fresh white button mushrooms
- 4 Medium Red Prince Apples, chopped in 1/2 inch chunks (approx. 4 cups/1000 ml)
- 1 cup (250 ml) dry white wine
- 1 tbsp (15 ml) chopped fresh thyme
- 1 cup (250 ml) chicken stock



This recipe serves six. COURTESY THERESA ALBERT

**TOTAL TIME**  
ABOUT 30 MINUTES

oil and sauté garlic, onions, mushrooms and apple chunks till softened and slightly browned. Deglaze pan with white wine and boil 2-5 minutes to reduce. Add, thyme and chicken stock to

sauté pan and mix well. Pour ingredients over chicken in roasting pan and place in oven uncovered for 20-25 minutes or until chicken skin is golden and crispy, basting once half way through with

pan juices. **RECIPE COURTESY COURTESY REDPRINCEAPPLE.CA/ THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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NBA

## Raptors set new team record with 48th victory

The Toronto Raptors have recorded their best regular-season record in the team's 19-year history.

The playoff-bound Raptors topped their record for franchise wins with victory No. 48 on Monday, a 110-100 defeat of the lowly Milwaukee Bucks — their most recent milestone achieved on a night that started with the unfurling of their Atlantic Division banner.

Greivis Vasquez scored 25 points, while Kyle Lowry added 24 for the Raptors (48-33). Jonas Valanciunas had 14 points and 13 rebounds, Tyler Hansbrough scored 12 points and grabbed 11 boards, while Amir Johnson finished with 10 points.

THE ASSOCIATED PRESS

Swimming

## Phelps dives back into the pool

Michael Phelps is coming out of retirement, lured back into the pool by the fun of it and the possibility of swimming at a fifth Olympics in Rio in 2016.

The 22-time Olympic medallist will compete for the first time since the 2012 London Games at a meet in Mesa, Ariz., on April 24-26.

Bob Bowman, the swimmer's longtime coach, told The Associated Press on Monday that Phelps is entered in three events — the 50- and 100-metre freestyles and the 100-metre butterfly.

THE ASSOCIATED PRESS



A season of rebuilding allowed the Flames to give Sean Monahan some legitimate playing time. He scored 22 goals. LARRY MACDOUGAL/THE CANADIAN PRESS

# Calgary lays solid base to rekindle old Flames

**NHL.** Despite losing stars, missing playoffs, untested team showed fans they can battle

The Calgary Flames did not make the playoffs for a fifth straight year. The difference between this spring and the previous four is the Flames did not underachieve this time around.

When since-deposed general manager Jay Feaster brought himself to say the word "rebuild" last summer, it confirmed, following the departure of Jarome Iginla, Miikka

Kiprusoff and Jay Bouwmeester that the Flames were going to be a lunchbucket squad until new stars emerged or were acquired.

Calgary (35-40-7) finished 27th in the 30-team league this past season and second-last in the Western Conference, above only Edmonton. The 77 points was the team's lowest total since 2002-03.

The Flames went 19-14-1 after brawling with the Canucks in Vancouver on Jan. 18, but they were already in next-year territory after winning just nine games through November and December.

The slow start opened the

Winning battles

"I saw progress.... Those guys gave us everything that they had."

Flames coach Bob Hartley

door to auditions for the future. A dozen players made their NHL debut with the Flames this season.

Calgary has a top-five pick in the NHL draft in June for the first time since 1973, when they were the Atlanta Flames. The Flames have a 10.7 per cent chance of winning the first overall pick in Tuesday's

draft lottery.

But in contrast with the Oilers to the north — where people tossed jerseys on the ice in disgust — the Flames had more goodwill and patience from their fan base. Calgary compensated for its lack of talent with tenacity.

The Flames were involved in 49 one-goal games this season and went 25-24 in them.

"The conclusion of a season that does not include playoffs is a failure and we acknowledge that failure, but it was not a lost or wasted season in any sense of the word," said hockey operations president Brian Burke. THE CANADIAN PRESS

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# Shanahan expected to force culture shock

**Leafs.** New president to conduct thorough assessment before delivering exit papers

Brendan Shanahan was brought in to change the culture of the Toronto Maple Leafs. How the new team president plans to do that remains a mystery.

In introducing Shanahan on Monday, Maple Leaf Sports and Entertainment president Tim Leiweke made it clear that he wasn't happy with the "character" and "culture" of the team.

"I'm not sure the Leafs have (the right culture)," Leiweke said. "I definitely sense that we lack an identity, and right now we're a team that lacks a direction and we want to change that."

It's up to Shanahan and general manager Dave Nonis to do it, but no clear direction for the organization was spelled out on Shanahan's "first day at work." The 45-year-old Hall of Famer has a plan, and though he and Leiweke didn't get into specifics, plenty of changes are expected.

"I have some ideas in my head about direction, but I think that at the same time ... those are subject to change," Shanahan said. "I think that it's very important for people, especially in sports, to have the ability to evolve and to make changes."

Change could come in the form of firing coach Randy Carlyle, whose vision for winning hockey didn't seem to fit with the Toronto roster. And



Newly hired Maple Leafs president Brendan Shanahan smiles during a press conference in Toronto on Monday. Scan the above image with the Metro News app to see a photo gallery of Shanahan's hockey career dating back to 1989. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

## Handing over the reins

**"This is Brendan's team, it's his culture, and at the end of the day he makes all the decisions, and we're going to support that 100 per cent."** MLSE president Tim Leiweke

it could come in the form of many different players being on the ice opening night this fall than were around for Monday's locker clean-out.

But Shanahan and Nonis insist the immediate job is to step back and make an assessment of where the organization is as a whole. Even though

each man called Carlyle a "good coach," it's difficult to point to things like identity, culture and character without at least considering the next step.

"You all saw the team this year, I think we didn't have the identity," Leiweke said. "I think Randy tried to create the

identity. To the guys' credit last year, they bought into that, and they took on Randy's identity. I don't think that happened this year."

Shanahan, who grew up in the Toronto neighbourhood of Mimico and previously worked for the NHL as the director of player safety, is expected to shape this team's identity. It's just not clear how he intends to do that.

"Dave and I are going to ... talk about how we see the best way to play for our team going forward," Shanahan said. **THE CANADIAN PRESS**

## Predators. Trotz's dance in Music City meets its end

Barry Trotz, the NHL's longest tenured head coach with one team and the only coach the Predators have ever known, will not be back for a 16th season with Nashville.

The Predators announced Monday they have told Trotz his contract will not be renewed and that they are starting a search for a new coach immediately. Trotz is being offered a job in the team's hockey operations department, though the two-time Jack Adams finalist could be a top coaching target for other teams.

Missing the playoffs two straight seasons — the first time since 2001-02 and 2002-03 — was too much for a franchise that needs to reach the post-season to sell tickets and gen-



Barry Trotz  
MARK HUMPHREY/THE ASSOCIATED PRESS

erate crucial revenue. Trotz's contract expires June 30.

"Our organization has high expectations and we have not met them in the past two seasons," general manager David Poile said in a statement.

"As a result, it is my decision and determination that we need a new voice and a new direction.... Our goal is to return to the playoffs with the ultimate goal of contending for the Stanley Cup. We know that once we get into the playoffs, anything is possible." **THE ASSOCIATED PRESS**

## By the numbers

# 1,196

Trotz's 1,196 games with Nashville puts him second only to Gregg Popovich of the NBA's San Antonio Spurs for longest active coaching tenure in the four major sports.

## NHL

## Room for three more Canadian teams: Think-tank

The Conference Board of Canada says the country could support as many as three more National Hockey League franchises within the next two decades.

The board suggests that in addition to the seven existing NHL teams, Quebec City and Hamilton, Ont., appear to meet minimum requirements for a franchise in the near future.

The requirements include elements such as population, income and corporate presence.

The organization said a third franchise could also emerge in the Greater Toronto area by 2035, but that the price of appeasing the hometown Maple Leafs would be steep.

It says the population of the Toronto area is expected to grow to 10.5 million within 20 years.

The board is predicting that franchises in Calgary, Edmonton and Ottawa will continue to be viable markets in 20 years. **THE CANADIAN PRESS**

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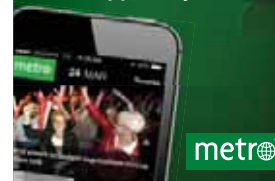
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## Horoscopes

### Aries

March 21 - April 20

There seems to be a barrier of some kind between you and other people, no doubt caused by today's lunar eclipse in your opposite sign. Don't worry. The cosmic tide will turn.

### Taurus

April 21 - May 21

Are you working more for other people than you are for yourself? If so, it's time to get a grip on the situation. Let those who are taking advantage of you know that this is as far as it goes – and mean it.

### Gemini

May 22 - June 21

The planets warn you must not pretend that certain things are true when they clearly are not – it could be a costly mistake. If you must take a risk at least wait until the effects of the current eclipse wane.

### Cancer

June 22 - July 23

Spell out in plain and simple language what it is you expect of other people. Both at home and at work misunderstandings are likely today, so make sure everyone knows what they should be doing.

### Leo

July 24 - Aug. 23

By all means listen to what friends and family members have to tell you but don't think for a moment it's all true. Act as if you have not yet heard the whole story.

### Virgo

Aug. 24 - Sept. 23

Be extra careful when dealing with money matters and business issues. Anything that sounds too good to be true most likely is, so check everything, even from trusted sources.

### Libra

Sept. 24 - Oct. 23

Today's lunar eclipse in your sign is sure to confuse things, so promise yourself no matter what happens you won't get upset about it. In a matter of days it will all be forgotten.

### Scorpio

Oct. 24 - Nov. 22

Whatever happens today, be it good, bad or indifferent, you must treat it as if it is of no real importance. If you allow feelings to guide you then your fears will most likely take over.

### Sagittarius

Nov. 23 - Dec. 21

Don't think too hard about something that appears wholly illogical. A number of strange, even bizarre, things are likely to happen but none of them can do you harm.

### Capricorn

Dec. 22 - Jan. 20

This is the sort of day when it is probably best to keep your plans to yourself. You don't have to be dishonest but it will pay you to be evasive. Others have no right to know about your aims and ambitions.

### Aquarius

Jan. 21 - Feb. 19

Today's eclipse warns you need to take care, especially when socializing and traveling. If you do too much there is a danger you could exhaust yourself – and you'll still have all those chores to finish.

### Pisces

Feb. 20 - March 20

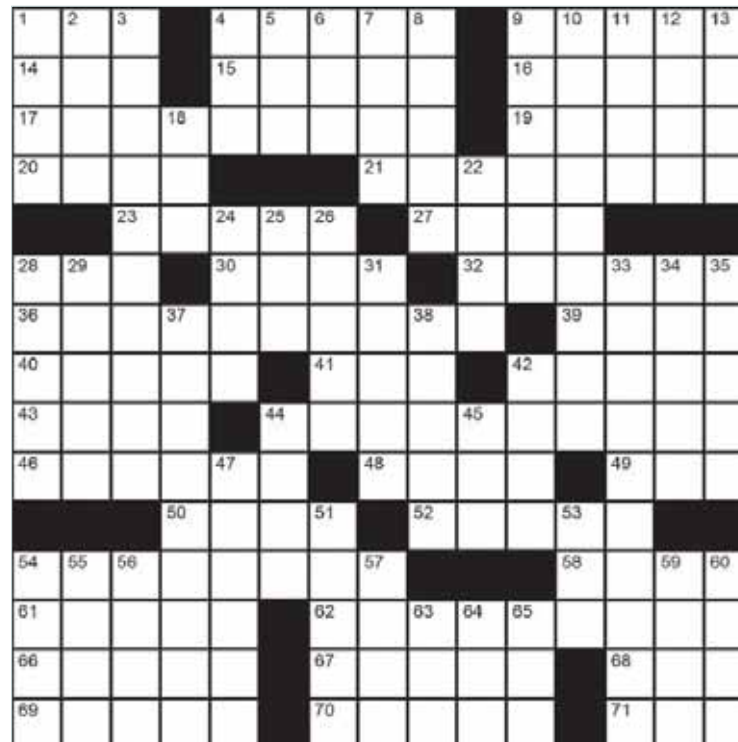
You will be tempted to cut corners in some way today – and that could be a big mistake. Any small gains you make will be wiped out by big losses later on.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Halfway
4. Calendar parts
9. Jostle
14. A little \_\_\_ lot
15. Fess up to
16. Less blushful
17. "Out of My Head" band from Hamilton
19. Excludes
20. Less than twice
21. Directions/info giver on roads, highways, etc.
23. Discharge
27. Scolds
28. On holiday from work
30. Sight from a lookout
32. Recreation room amenity: 2 wds.
36. Body of water in Vancouver: 2 wds.
39. 2002-debuting coin
40. 'Punny' joke reaction
41. Mr. Mineo
42. \_\_\_ Calrissian, Billy Dee Williams in "The Empire Strikes Back" (1980)
43. Ancient Greek coin
44. Named after the American who founded it in 1909, this British department store is owned by Canadian tycoons The Weston Family
46. Skin-related
48. Per \_\_\_ (Daily)



49. 'Differ' suffix
50. Norwegian king, variantly
52. Stately
54. "\_\_\_ Girl" by Neil Young
58. Town that's east of Toronto
61. 'Parliament' suffix

62. Boreal burrower
66. Prefix to 'mony' (Marriage)
67. The blahs
68. W.C.'s co-star
69. Looks
70. Find the sum again
71. Sleuths, e.g.

### Down

1. Magic's spell
2. Lady Antebellum's "\_\_\_ to You"
3. Setting of Madonna's "Vogue": 2 wds.
4. Cryer's sound!
5. Tokyo, once

6. Down Under bird
7. Rock band
8. Writer Gertrude
9. Soppor-upper
10. Posh town on Montreal Island
11. Mixture
12. Checks for accuracy

13. In the past, in poetry
18. Powder \_\_\_
22. Look bewilderedly
24. \_\_\_-steven
25. As written
26. Short
28. Meg Tilly movie, "Agnes \_\_\_" (1985)
29. "\_\_\_ it from me to..."
31. English woodland
33. Leap of faith taken by a thrill seeker: 2 wds.
34. Forest of \_\_\_ (Setting of Shakespeare's As You Like It)
35. Henhouse
37. B.C. city on Shuswap Lake: 2 wds.
38. Sprite-like
42. Tree's one-of-some
44. Criticize
45. \_\_\_ Speedwagon
47. Ms. Morissette
51. Wedding oath taker
53. CNN correspondent, Kyung \_\_\_
54. Pics-taking devices
55. Latin hymn: "Dies \_\_\_"
56. Evening, informally
57. Not any
59. Juice berry
60. Vintage models of Jags
63. \_\_\_ break
64. Stinker
65. "El \_\_\_" (1961)

## Yesterday's Crossword

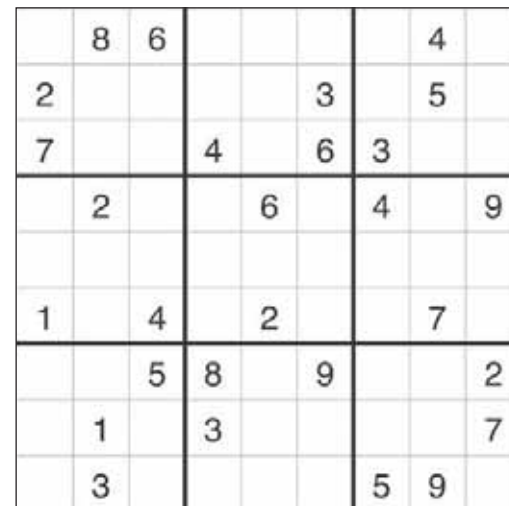


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: 9°  
MIN: 3°

### WEDNESDAY



MAX: -1°  
MIN: -6°

### THURSDAY



MAX: 5°  
MIN: 1°



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